

THE CIGARETTE

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NO WORDS can tell the tobacco story as graphically as the pictures on these pages. I advise every cigarette victim to have his photograph taken every year and put side by side in a frame in his room, where he can see the gradual, fatal deterioration in himself from year to year. If this does not startle him and bring him to his senses, no preaching will ever do it, for the pictures will be a sermon more eloquent than ever came from any pulpit.

I leave it to others to discuss the moral side of cigarette smoking. I denounce it simply because of its blighting, blasting effect upon one's success in life; because it draws off the energy, saps the vitality and force which ought to be made to tell in one's career; because it blunts the sensibilities and deadens the thinking faculties; because it kills the ambition and the finer instincts, and the more delicate aspirations and perceptions; because it destroys the ability to concentrate the mind, which is the secret of all achievement.

The whole tendency of the cigarette nicotine poison in the youth is to arrest development. It is fatal to all normal functions. It blights and blasts both health and morals. It not only ruins the faculties, but it unbalances the mind, as well. Many of the most pitiable cases of insanity in our asylums are cigarette fiends. It creates abnormal appetites, strange, undefined longings, discontent, uneasiness, nervousness, irritability, and, in many, an almost irresistible inclination to crime. In fact, the moral depravity which follows the cigarette habit is something frightful. Lying, cheating, impurity, loss of moral courage and manhood, a complete dropping of life's standards all along the lines are its general results.

Magistrate Crane, of New York City, says: "Ninety-nine out of a hundred boys between the ages of ten and seventeen years who come before me charged with crime have their fingers disfigured by yellow cigarette stains. . . . I am not a crank on this subject, I do not care to pose as a reformer, but it is my opinion that cigarettes will do more than liquor to ruin boys. When you have arraigned before you boys hopelessly deaf through the excessive use of cigarettes, boys who have stolen their sisters' earnings, boys who absolutely refuse to work, who do nothing but gamble and steal, you can not help seeing that there is some direct cause, and a great deal of this boyhood crime is, in my mind, easy to trace to the deadly cigarette. There is something in the poison of the cigarette that seems to get into the system of a boy and to destroy all moral fiber."

Young men of great natural ability, everywhere, some of them in high positions, are constantly losing their grip, deteriorating, dropping back, losing their ambition, their push, their stamina, and their energy, because of its deadly hold upon them. If there is anything a young man should guard as divinely sacred, it is his ability to think clearly, forcefully, logically."

Dr. J. J. Kellogg says: "A few months ago I had all the nicotine removed from a cigarette, making a solution out of it. I injected half the quantity into a frog, with the effect that the frog died almost instantly. The rest was administered to another frog with like effect. Both frogs were full grown, and of average size. The conclusion is evident that a single cigarette contains poison enough to kill two frogs. A boy who smokes twenty cigarettes a day has inhaled enough poison to kill forty frogs. Why does the poison not kill the boy? It does kill him. If not immediately, he will die sooner or later of weak heart, Bright's disease, or some other malady which scientific physicians everywhere now recognize as a natural result of chronic nicotine poisoning."

A chemist, not long since, took the tobacco used in an average cigarette and soaked it in several teaspoonfuls of water and then injected a portion of it under the skin of a cat. The cat almost immediately went into convulsions, and died in fifteen minutes. Dogs have been killed with a single drop of nicotine.

A young man died in a Minnesota state institution not long ago, who, five years before, had been one of the most promising young physicians of the West. "Still under thirty years at the time of his commitment to the institution," says the newspaper account of his story, "he had already made three discoveries in nervous diseases that had made him looked up to in his profession. But he smoked cigarettes,—smoked incessantly. For a long time the effects of the habit were not apparent on him. In fact, it was not until a patient died on the operating table under his hands, and the young doctor went to pieces, that it became known that he was a victim of the paper pipes. But then he had gone too far. He was a wreck in mind as well as in body, and he ended his days in a maniac's cell."

An investigation of all the students who entered Yale University during nine years shows that the cigarette smokers were the inferiors, both in weight and lung capacity, of the non-smokers, although they averaged fifteen months older.

Cigarette smoking is no longer simply a moral question. The great business world has taken it up as a deadly enemy of advancement, of achievement. Leading business firms all over the country have put the cigarette on the prohibited list. In Detroit alone, sixty-nine merchants have agreed not to employ the cigarette user. In Chicago, Montgomery Ward and Company, Hibbard, Spencer and Bartlett, and some of the other large concerns have prohibited cigarette smoking among all employees under eighteen years of age. Marshall Field and Company, and the Morgan and Wright Tire Company have this rule: "No cigarettes can be smoked by our employees." One of the questions on the application blanks at Wanamaker's reads: "Do you use tobacco or cigarettes?"



The superintendent of the Lindell Street Railway of St. Louis, says: "Under no circumstances will I hire a man who smokes cigarettes. He is as dangerous on the front of a motor as a man who drinks. In fact he is more dangerous; his nerves are apt to give away any moment. If I find a car running badly, I immediately begin to investigate to find if the man smokes cigarettes. Nine times out of ten he does, and then he goes, for good."

E. H. Harriman, the head of the Union Pacific Railroad system says that they "might as well go to a lunatic asylum for their employee as to hire cigarette smokers."

The New York, New Haven, and Hartford, the Chicago, Rock Island, and Pacific, the Lehigh Valley, the Burlington, and many others of the leading railroad companies of this country have issued orders positively forbidding the use of cigarettes by employees while on duty.

Herein lies one of the greatest dangers of the cigarette. It creates a longing which it cannot satisfy. Victims who have smoked from one hundred to one hundred and fifty cigarettes a day say that, while the smoking gives some temporary satisfaction, it creates a perpetual dissatisfaction, in that it never appeases the additional hunger it creates, hence the longing for other stimulants that will do what the cigarette promised but cannot fulfill.

A physician in charge of a large sanitarium in the West says that three-fifths of all the men who came to the institution within a year, to be cured of the opium, morphine or cocaine habit, have been cigarette smokers, and that sixty per cent. of these pleaded, as their only excuse, the need of a stronger stimulant than the cigarette's action.

Excessive cigarette smoking increases the heart's action very materially, in some instances twenty-five or thirty beats a minute. Think of the enormous amount of extra work forced upon this delicate organ every twenty-four hours! The pulsations are not only greatly increased, but, also, very materially weakened, so that the blood is not forced to every part of the system, and hence the tissues are not nourished as they would be by means of fewer but stronger, more vigorous pulsations.



RESOLVE first, He never fight less time fought.

Resolve two, He never again see Teacher less she Gits on My nerves dretfully. He try being Patient in School.

Resolve three, He never eat another bite after time full. Enuff is enuff for Any Ole person.

Resolve four, He try to live so as to be elected Some Day as kaptin of Our football team. Its a Honorable Job, and I want to be honorable most always.

Resolve five, He never, never tell stories. The old Bad Man has got it in for fellows what Fib to their Maws and Paws.

Resolve six, He not make ugly faces nor laugh at girls Any More. They kant help being Gurls. Natcher made em what they are, and Boys should feel sorry for em.

I gess this is enuff for This year. So He ring off and shut up my Resolve book till next year.

A NEW YEAR'S APPEAL.

Prisoners For Debt Used Day To Tell of Their Unfortunate Condition.

The newspapers of a century ago afford ample evidence of the cruelty and futility of one of the laws of the day—namely, the punishment of debt by imprisonment, says Alice Morse Earle. It was an utterly hopeless task for any imprisoned for debt ever to expect to be released save by pardoning, and the sufferings of such prisoners were extreme, as they had no charity funds to draw upon to mitigate the woes and misery, the filth and horror of their surroundings. These unhappy men often chose the opening of the new year—a time of gladness hope to the world in general—to appeal for aid in their utter forlornness, and in the newspapers at the close of the year appeals for help printed through the pity of the publisher of the news sheet, and in early January sometimes humble thanks for gifts from generous citizens. Here is an advertisement from the New York Gazette, January, 1751:

Thrice happy, whose tender Care Relieves the poor Distrest. When Troubles compass them around The Lord shall give them Rest.

We, the poor Prisoners confined in the Gaol of the City of New York, do take this publick Opportunity of returning our most humble and hearty Thanks to our generous but unknown Benefactors for relieving us this severe season when we were almost perich'd with Cold and Hunger, by sending two Quarters of Beef, one Cord of Wood, Twelve Shillings in Money and three dozen of Loaves of Bread, which was fairly and justly distributed between us. And that God Almighty may give them Health and Happiness in the present Life and Eternal Happiness in the next are the sincere wishes and Desires of THE POOR UNFORTUNATE PRISONERS.

Strange New Year Celebration.

What probably is the strangest New Year's rite is held in the Cevennes mountains, in southern France. At the last evening mass of the old year the herds and flocks of the peasantry are gathered before the portico of the little stone church high up on the mountain side and are blessed by the priest and sprinkled with holy water by the acolyte, who follows him in order that this the sole wealth of the countryside may increase and prosper during the year to come. The sight at the holy hour is wonderful. As the church bell tolls above them the frightened animals bleat and bellow and try madly to escape. First the oxen are blessed, then the cows, next the sheep and lambs and finally the goats and pigs.—Chicago Tribune.

New Year's Day In March.

New Year's day used to fall in March, not in January, and there was a good deal of sense in this, for, even as the world's first year was supposed to have begun in the sprouting of leaf and grass, so each New Year's day was set for the season when Nature began to wake after her winter sleep.

Dec. 31.

Best day of all the year, since I May see thee pass and know That if thou dost not leave me high Thou hast not found me low, And since, as I behold thee die, Thou leavest me the right to say That I tomorrow still may vie With them that keep the upward way.

Best day of all the year to me, Since I may stand and gaze Across the grayish past and see So many crooked ways That might have led to misery Or, haply, ended at disgrace; Best day since thou dost leave me free To look the future in the face.

Best day of all days of the year That was so kind, so good, Since thou dost leave me still the dear Old faith in brotherhood; Best day since I, still striving here, May view the past with small regret And, undisturbed by doubts or fear, Seek paths that are untrod as yet. —Chicago Record-Herald.

Course in Brick-laying

The College will offer a special course in brick-laying the coming winter, in charge of Mr. Vose, who has trained so many successful masons. It will be remembered that some of his pupils earned as much as six dollars a day by work on the State Capitol at Frankfort.

Because of the great expense connected with this Course, and the high wages which brick-layers earn, there has usually been a fee of \$50.00 for the course. For the coming winter, because of the number of applicants and other reasons, this fee will be reduced to \$24.00 in addition to the regular incidental fee. Inquire about this of Dean Clark or Dean Marsh.

New Course in Blacksmithing

The College is fitting up the old power plant building for instruction and practical work in iron and blacksmithing under charge of Fitzhugh Draughon, who has taken several courses in these important branches and is himself a practical workman and teacher.

The work will be carried on in about the same way in which the course in Carpentry has been conducted. There will be a two years' course in blacksmithing and iron-working the completion of which will be rewarded by diploma. There will also be a short course for the Winter Term only.

Inquire of Dean Clark.

Questions Answered

BEREA, FRIEND OF WORKING STUDENTS. Berea College with its affiliated schools, is not a money-making institution. It requires certain fees, but it expends many thousands of dollars each year for the benefit of its students, giving highest advantages at lowest cost, and arranging as far as possible for students to earn and save in every way.

OUR SCHOOL IS LIKE A FAMILY. with careful regulations to protect the character and reputation of the young people. Our students come from the best families and are earnest to do well and improve. For any who may be sick the College provides doctor and nurse without extra charge.

All except those with parents in Berea live in College buildings, and many assist in work of boarding hall, farm and shops, receiving valuable training and getting pay according to the value of their labor. Except in winter it is expected that all will have a chance to earn a part of their expenses. Write to the Secretary before coming to secure employment.

PERSONAL EXPENSES for clothing, laundry, postage, books, etc., vary with different people. Berea favors plain clothing. Our climate is the best, but as students must attend classes regardless of the weather, warm wraps and underclothing, umbrellas and overshoes are necessary. **THE CO-OPERATIVE STORE** furnishes books, toilet articles, work uniforms, umbrellas and other necessary articles at cost.

LIVING EXPENSES are really below cost. The College asks no rent for the fine buildings in which students live, charging only enough room rent to pay for cleaning, repairs, fuel, lights, and washing of bedding and towels. For table board, without coffee or extras, \$1.35 a week, in the fall, and \$1.50 in winter; for furnished room, with fuel, lights, washing of bedding, 40 to 60 cents for each person.

SCHOOL FEES are two. First a "DOLLAR DEPOSIT," as guarantee for return of room key, library books, etc. This is paid but once, and is returned when the student departs.

Second an "INCIDENTAL FEE" to help on expenses for care of school buildings, hospital, library, etc. (Students pay nothing for tuition or service of teachers—all our instruction is a free gift). The Incidental Fee for Foundation and Vocational students is \$5.00 a term; in Academy and Normal \$6.00 and \$7.00 in Collegiate course.

PAYMENT MUST BE IN ADVANCE. Incidental fee and room rent by the term, board by the half term. Installments are as follows:

	VOCATIONAL AND FOUNDATION SCHOOLS	ACADEMY AND NORMAL	COLLEGE
Incidental Fee	\$ 5.00	\$ 6.00	\$ 7.00
Room	6.00	7.20	7.20
Board, 6 weeks	9.00	9.00	9.00
Amount due Jan. 5, 1916.....	\$20.00	\$22.20	\$23.20
Board 6 wks., due Feb. 16, 1916	9.00	9.00	9.00
Total for term	\$29.00	\$31.20	\$32.20

Applicants must bring or send a testimonial showing that they are above 15 years old, in good health, and of good character. This may be signed by some former Berea student or some reliable teacher or neighbor. The use of tobacco is strictly forbidden.

Winter Term opens January 5th. Hurry! Rooms nearly all taken. Don't come unless room is engaged by a dollar sent to your friend, the Secretary.

MARSHALL E. VAUGHN, Berea, Ky

Berea School of Commerce

Best Opening for Business Course Studies

Possibly you are interested in a Business Course. If so you want the best, and at least expense.

The Shorthand and Bookkeeping courses given by the School of Commerce of the Vocational Schools are better than those in many business colleges in which the expenses are three times as great.

The cost is lower; for example:

Incidental fee \$5 a term,	Cost
which, if figured by the	per
week, would never amount	week
to more than	50
Tuition, never more than.....	1.00
Good Board, never more than....	1.50
Room Rent, not more than.....	50

Total Cost per week.....\$3.50

At any other good Business College in this region you would have to pay \$3.50 to \$4.00 a week for room and board alone, not to mention the \$75.00 or \$100.00 tuition which they will charge you.

At Berea, laundry, books, and supplies are furnished to the students at cost, and most of the entertainments are free.

Moral surroundings are better at Berea than at most business colleges, and the Library, the student organizations, and the opportunities for social life make Berea a pleasant place in which to take a Business Course.

And our graduates and students "make good":

B. H. L. Employed by a prominent Law Firm at a good salary. Recommends Berea highly.

B. M. H. Has been employed for a number of years in a leading bank.

C. D. B. Railroad, Express, and Government work; present salary \$1800 a year; says Berea is the best school he knows of.

G. F. N. Lumber and Coal Companies; present salary \$1100 a year; studied in Berea only one term.

J. B. Railroad Contractors, Lumber and Coal Companies, and railroad work.

C. V. B. Lumber Companies and Coal Companies; present salary \$1500 a year; studied in Berea less than a term; another student is working in the same office and we recently had a request for another like them; we had nobody to send at the time. This employer, one of the leading business men of the southeastern United States, wants Berea students in his offices because they are not tobacco-users, boozers, nor loafers.

We shall have room next term in our Business Course for a few young men and women of good character who mean business and intend to amount to something. If you are interested and wish to know more about this opportunity write to Frank M. Livengood, in care of Berea College, Berea, Ky., or to Marshall E. Vaughn, Secretary Berea College, Berea, Ky.

A CHANCE FOR MUSIC LOVERS

Every girl desires to sit at the organ and call out its beautiful tones, while friends lean over her shoulder and sing.

A very special arrangement is made for this Fall Term, putting the price for instruction in the organ so low that everybody can have a chance to learn.

The new teacher, Miss Carman, fresh from the Metropolitan School of Music in New York City, will give this instruction herself, and the beautiful practice rooms in Music Hall are well equipped with instruments.

Every girl and half of our young men ought to take the cabinet organ this Fall. Ask Professor Rigby!